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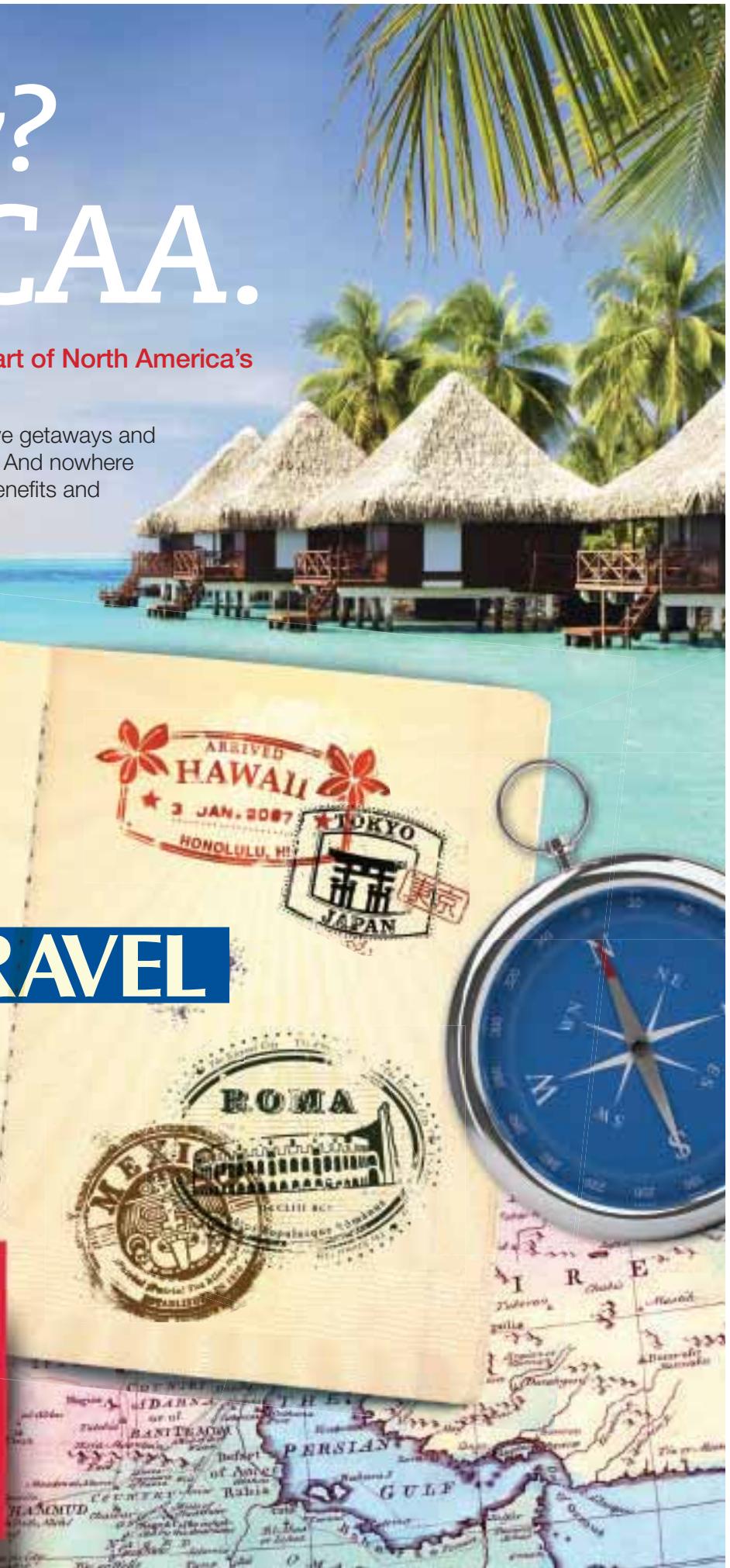
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THE STASH PROJECT: DAY 2

IN WHICH WE LEARN THAT A CAT CAN HAZ WEB FAME — BUT IT TAKES A LOT OF WORK **PAGE 11**



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Province lays out its 5-year, \$5.5B plan

Construction. NDP says the bulk of funds will go to roads and bridges, with more earmarked for infrastructure and flood protection

The Manitoba government has outlined how it will spend \$5.5 billion — some of it from increased provincial sales taxes — to fix roads and bridges and boost flood protection over the next five years.

The governing NDP says the bulk of the money — \$3.7 billion — is to go to roads and bridges. Another \$1.5 billion is to be spent on municipal infrastructure, while \$320 million is earmarked for flood protection.

About \$1.5 billion is to come from extra revenue generated by an increase in the provincial sales tax from seven to eight per cent that the government

brought in last summer.

"We could not be having this ambitious investment in infrastructure without this one cent on the dollar. Period," said Infrastructure Minister Steve Ashton on Wednesday.

About \$66 million in funding, totalling \$250 million, has been earmarked for streets in Winnipeg, the city said.

Ashton couldn't say how much the government had spent on infrastructure over the last five years, but added the \$5.5-billion commitment does represent an increase.

But Conservative Leader Brian Pallister said the five-year plan is just a way for the NDP to justify its tax hike.

The government said the plan is to be independently reviewed each year and the report made public. Ashton said the NDP hopes getting shovels in the ground will help convince skeptics that the tax increase was justified. **THE CANADIAN PRESS**
WITH FILES FROM METRO



Economy Minister Theresa Oswald talks to reporters on Wednesday while Infrastructure Minister Steve Ashton looks on. SHANE GIBSON/METRO

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Manitoba First Nations

Betting on job creation as model for northern casino

Northern Manitoba will be the next area of the province that will be home to a First Nations owned and operated casino.

The Assembly of Manitoba Chiefs says in a release that the Thompson region has been selected for construction of its latest gaming outlet. The assembly says it has support for the project from Thompson Mayor Tim Johnston and local MLA Steve Ashton.

A date for the opening has not been set, but the organization says construction will move along quickly. The casino is expected to create about 140 jobs and will be similar in size to facilities in The Pas and in downtown Winnipeg.

The assembly will be opening its Sand Hills Casino, east of Brandon, in late May. **THE CANADIAN PRESS**

Sexual assault charge

Winnipeg driving instructor arrested

A Winnipeg driving instructor has been arrested after being accused of touching his students in an inappropriate way.

Winnipeg police said they were made aware of a man who was accused of touching women in his car while giving them driving instructions.

Most recently, an 18-year-old woman made a complaint after she said she was touched in January.

Police arrested Jasbir Brar, 56 and charged him with two counts of sexual assault and one count of sexual exploitation. **METRO**



Celebrating Manitoba's debt?

The Canadian Taxpayers Federation's prairie director, Colin Craig, parked a stretch limousine in front of the Manitoba Legislature Wednesday to bring attention to the province's growing debt level recently passing the \$30 billion mark, one day before the provincial budget. **SHANE GIBSON/METRO**



Slip 'n' slide

A van ended up on its side on Ellice Avenue near Wall Street Wednesday morning near the site of a water main break from earlier in the week. No one appeared to be seriously hurt in the crash. **LORENA GAUDIO/METRO**

City crews work extended hours to thaw frozen pipes

'Very challenging.'

Restoring service to apartment blocks has taken crews up to 14 hours, official says

As frozen pipes continue to leave hundreds of Winnipeggers without running water, the city showed media exactly what crews trying to fix the problem are facing Wednesday.

Without water

More than 600 homes are still without water due to frozen pipes, and Mayor Sam Katz reportedly told media earlier in the day the city is considering paying for those without running water to stay in hotel rooms while the problem is being fixed. In the meantime, the city is testing a new thawing device and providing those dealing with frozen lines with hoses to hook up to their neighbour's connections.

watched took roughly an hour, Shanks said restoring service to large buildings like apartment blocks has taken crews as many as 14 hours.

"That's part of the reason why it's very hard for us to tell customers exactly when we're going to be at their location," he said. **SHANE GIBSON/METRO**



City crews work to thaw a frozen pipe under a West End street Wednesday.

SHANE GIBSON/METRO

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A worker stirs guacamole at a Chipotle restaurant in Miami, Fla., on Wednesday. The fast food chain is tossing around the idea that it would temporarily suspend sales of guacamole due to climate change. JOE RAEDLE/GETTY IMAGES

Guacamole could just end: Chipotle

Bland burrito. Climate change could force chain to pull avocado spread off its menu

Climate change could knock your favourite fast foods off the menu.

Restaurant chain Chipotle is warning that it may have to temporarily stop serving guacamole or certain salsas in the event of extreme weather because of climate change.

“Increasing weather volatility or other long-term chan-

No salsa either

“The effects of climate change expand beyond just avocados. It’s affecting everything.”

Sylvain Charlebois, associate dean of research and graduate studies at the University of Guelph’s College of Management and Economics

ges in global weather patterns, including any changes associated with global climate change, could have a significant impact on the price or availability of some of our ingredients,” the restaurant said in its annual report released last month.

Other major fast-food

chains (see below), are bracing for the long-term effects of a warmer planet and severe weather on the crops they use.

If climate change makes a key ingredient, such as avocados, too expensive, Chipotle says it may have to pull dishes like guacamole from the menu instead of paying

the higher price for the raw ingredients.

Chipotle pointed to droughts in the U.S. over the past two years, which have driven up the price of beef, as an example of the type of extreme weather they’re worried about.

Professor Sylvain Charlebois, at the University of Guelph’s College of Management and Economics, says restaurants have good reason to worry. She, too, points to the ongoing drought in California, which is driving up the price of lettuce, strawberries and almonds. **TORSTAR NEWS SERVICE**



Climate change may affect Tim Hortons. CHRIS YOUNG/THE CANADIAN PRESS FILE

Drive-through might also run dry

It may be the first time Chipotle mentions climate change in its annual report, but the Colorado-based chain is definitely not the only major fast-food company worried about the effects a changing climate could have on their ability to serve certain foods.

In its annual report, Tim Hortons says variations in

the weather could take a toll on the growing conditions of crucial agricultural supplies, mainly coffee, wheat and sugar, meaning doughnuts, double-doubles or pretty much everything it serves.

“Over time, climate change may result in changes in sea levels, weather and temperature change,

disease and pest levels, drought and fires, and resource availability,” the chain’s annual report says.

McDonald’s is also concerned about the costs posed by the “effects of climate change, greenhouse gases, energy and water resources,” as the restaurant chain says in its most recent annual report. **TORSTAR NEWS SERVICE**

More relaxed pot laws may be in the pipeline

Criminal Code. As it now stands, anyone convicted of possessing small amounts of marijuana can be jailed for up to 5 years

The Conservative government is seriously considering more lenient marijuana laws that would allow police to ticket anyone caught with small amounts of pot instead of laying charges, Justice Minister Peter MacKay said Wednesday.

"We're not talking about decriminalization or legalization," MacKay said following the weekly Conservative caucus meeting on Parliament Hill.

"The Criminal Code would still be available to police, but we would look at options that would ... allow police to ticket those types of offences."

Prime Minister Stephen Harper is open to such an approach, he added.

MacKay has hinted in



The federal Tories are considering more lenient pot laws, Peter MacKay said Wednesday. TORSTAR NEWS SERVICE FILE

the past that such a move was under consideration. The country's police chiefs — as well as some Tory caucus members — have long called for ticketing people for pot possession instead of laying criminal charges.

But MacKay has also been among the Conservatives' fiercest critics of Liberal Leader Justin Trudeau's stance on the issue. Trudeau

supports the legalization of marijuana, a position the Tories have mocked with gleeful abandon.

Under the Criminal Code as it now stands, anyone convicted of possessing small amounts of marijuana can be jailed for up to five years. First-time offenders can face fines of up to \$1,000 or as much as six months in jail. **THE CANADIAN PRESS**

Still probing

Provincial police overseeing Ford investigation

Ontario's provincial police are now overseeing an investigation into the activities of Toronto's Mayor Rob Ford, who has repeatedly attacked the legitimacy of the probe, Toronto's police Chief Bill Blair said Wednesday.

Ford's lawyer immediately denounced the oversight change, which leaves senior city investigators on the case, as "meaningless."

In a letter to OPP Commissioner Chris Lewis, Blair laid out his reasons for asking his provincial colleagues for help.

"I am taking this step to avoid the distractions that have assumed such recent prominence," Blair said in the letter.

Ford, who has vociferously challenged the chief to arrest him, has branded the investigation political. He has publicly accused Blair of wasting tax money — with little result.

THE CANADIAN PRESS

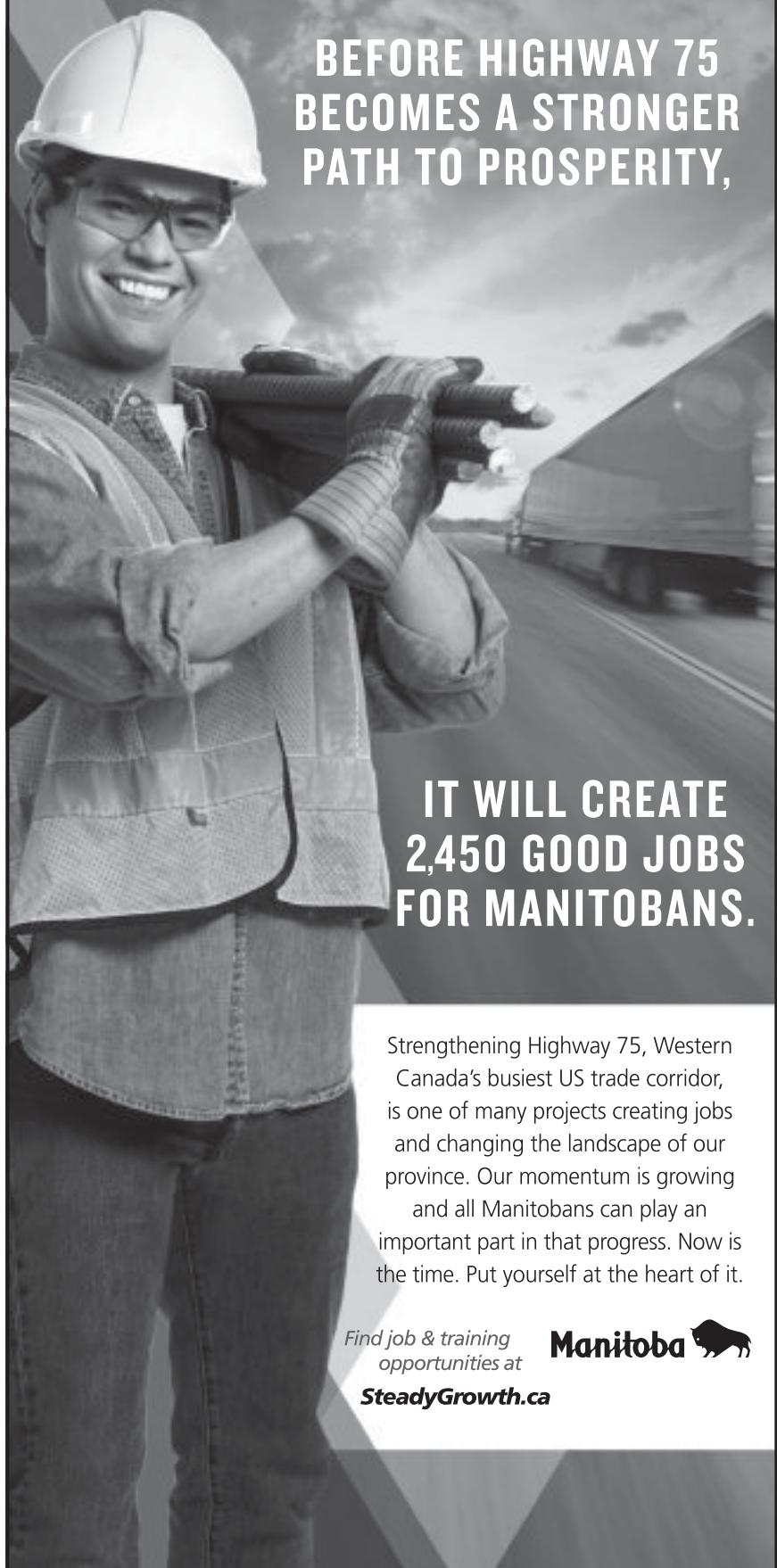


Vigil for Loretta Saunders

Sharon Armstrong of Ottawa takes part in a vigil on Parliament Hill on Wednesday for Loretta Saunders and to call for a national inquiry into missing and murdered aboriginal women. Two people have been charged with first-degree murder in her death. In a cruel irony, Saunders was writing a thesis on murdered and missing aboriginal women before she died. **SEAN KILPATRICK/THE CANADIAN PRESS**

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UN envoy threatened, driven from Crimea by armed men

Ukraine. Officials say Robert Serry was not kidnapped and is 'in good shape' after being confronted by men with weapons

A special UN envoy cut short his mission in Crimea on Wednesday after being threatened by 10 to 15 armed men and ordered to leave the region, UN officials said.

After a confrontation that began as he was leaving naval headquarters and continued at a café, envoy Robert Serry was driven to Simferopol airport by the men and was flying to Ukraine's capital to continue his fact-finding mission, the officials said.

On Friday, UN Secretary-

Quoted

"I'm safe. My visit was interrupted for reasons that I cannot understand."

UN envoy Robert Serry

General Ban Ki-moon asked Serry to go to Crimea as part of the fact-finding mission. Serry, who is currently the UN Mideast envoy, initially decided against going after consulting with authorities in the region. But UN Deputy Secretary-General Jan Eliasson said Serry later decided it was important to go, given the "dramatic circumstances."

Ukrainian officials reported earlier Wednesday that Serry had been kidnapped. But Eliasson denied that. He said Serry was threatened by the armed men, but was not abducted.

THE ASSOCIATED PRESS



Canadian perspective

Russia is in 'violation of international law': Harper

Canada will send two observers to join an unarmed military mission in Ukraine and will impose more sanctions on the regime of fugitive Ukrainian President Viktor Yanukovych, Prime Minister Stephen Harper said Wednesday.

"Russia's invasion of Ukraine is a clear violation of international law," Harper said in a statement.

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Canadian journalist on trial in Egypt speaks out in court

An Egyptian-Canadian journalist imprisoned in Cairo told an Egyptian court Wednesday that he could "never possibly betray his country," testifying in a case accusing him and other colleagues of being terrorists.

Mohamed Fahmy — who is the acting Egypt bureau chief for satellite news broadcaster Al Jazeera English — addressed the court, saying he works as a journalist and is from a conservative and patriotic family from Port Said.

He appeared with his arm in a sling and asked for the court to release him for treatment for the injury, which he said he suffered before being arrested.

Egypt's state MENA news agency reported that the judge adjourned the trial until March 24 after hearing Fahmy speak.

Fahmy is on trial with two other Al Jazeera English journalists and 17 other defendants on charges accusing them of joining a terrorist group, aiding a terrorist group and endangering national security.

Authorities accuse Al Jazeera of being a platform for ousted Islamist president Mohammed Morsi's supporters and his Muslim Brotherhood



group. The network denies that, saying its journalists were only doing their jobs. Those arrested include Fahmy, Australian correspondent Peter Greste and Egyptian producer Baher Mohamed, who have been behind bars since Dec. 29. All have pleaded not guilty. Others are being tried in absentia.

During Wednesday's hearing, defence lawyer Khaled Abu Bakr asked that the court review reports filed by the journalists, while also asking for an independent panel of media professors to review the footage and decide whether it could be a threat to Egypt's national security.

The judge denied the request, MENA reported, saying it was up to the court to decide whether the videos were a threat to national security.

The first witness for the prosecution was a national security officer who said Fahmy is a member of the Brotherhood.

The trial marks the first time Egypt has prosecuted journalists on terrorism-related charges. It comes amid an extensive crackdown on some secular dissidents and Brotherhood supporters.

THE ASSOCIATED PRESS

As world leaders meet in Paris, France sends Russia a warship

Ukraine. Country finds itself wedged between diplomatic efforts and economic interests

A French-built warship designed to strengthen Russia's ability to deploy troops, tanks and helicopter gunships is getting its first test run Wednesday — just as Western powers are trying to rein in Russian President Vladimir Putin's military threat to Ukraine.

A spokesman for the shipbuilder says the Vladivostok helicopter carrier is setting sail from the French Atlantic port of Saint-Nazaire. A few hundred kilometres away in Paris, France's government is hosting American, Russian and other leading world diplomats Wednesday amid mounting tensions over Ukraine.

The warship is part of a \$1.8-billion deal that marked the biggest-ever sale of NATO weaponry to Moscow, a deal that already raised eyebrows



French-built warship BPC Vladivostok leaves the Saint-Nazaire's harbour in France Wednesday. DAVID VINCENT/THE ASSOCIATED PRESS

both within Russia's military circles and among France's Western allies in 2011.

France has criticized Russia's military incursion into Ukraine's Black Sea peninsula of Crimea, but says it has no plans to scrap the defence deal.

That's because France, like many of Russia's European trading partners, has found itself wedged between efforts to squeeze Russia diplomatically

and its own economic interests. The French government's top priority is reviving its lacklustre economy and battling unemployment, and this deal underpins some 1,000 jobs.

The Vladivostok is on track to be delivered by the last quarter of this year, said spokesman Emmanuel Gaudez of DCNS, a state-backed naval shipbuilder manufacturing the warships along with South Korean-con-

trolled shipbuilder STX. A few Russian customers and military personnel are to visit the ship later this month, and a larger Russian delegation is expected in June, company officials said.

"But now with what's happening in Ukraine, perhaps they have other priorities — I don't know," said a CGT labour union delegate on the STX board. THE ASSOCIATED PRESS

The Vatican. Pope Francis 'continues to deny' church role in sex-abuse scandals

Pope Francis is coming under increasing criticism that he simply doesn't get it on sex abuse.

Three months after the Vatican announced a commission of experts to study best practices on protecting children, no action has been taken, no members appointed, no statute outlining the commission's scope approved.

Francis hasn't met with any victims, hasn't moved to oust a bishop convicted in 2012 of failing to report a suspected abuser, and on Wednesday insisted that the church had been unfairly attacked on abuse, using the defensive rhetoric of the Vatican from a decade ago.

Victims advocates said his tone was archaic and urged Francis to show the same compassion he offers the sick, the poor and disabled to people who were raped by priests when they were children.

"Under Pope Francis, the Vatican continues to deny its role in creating and maintaining a culture where upholding the reputation of the church is prioritized over the safety of children," said Maeve



Pope Francis walks in procession in Rome on Wednesday. ANDREW MEDICHINI/THE ASSOCIATED PRESS

Lewis, executive director of the Irish victims' support group One in Four.

Francis has only spoken out a few times on abuse and his toughest words weren't even pronounced. Francis apparently scrapped his prepared Dec. 2 speech to bishops from the Netherlands, who have been dealing with revelations that some 20,000 children were sexually abused in Dutch Catholic institutions over the past 65 years. Instead, Francis spoke to the bishops off-the-cuff. THE ASSOCIATED PRESS

Alberta

Roundup can't drag many wild horses away

The Alberta government says just over a dozen animals were captured in the province's wild horse roundup that concluded last week.

Three permits had been issued in January to allow the capture of up to 200 feral horses near Sundre.

Fifteen animals were corralled in the end, said Alberta Environment spokeswoman Carrie Sancartier.

The licence holders don't have to say what happened to the horses, she added.

The roundup drew the ire of animal rights activists who said many of the horses were destined for slaughterhouses.

The government said the capture was necessary to keep a ballooning population in check.

Sancartier said the government will be doing its yearly feral horse count in the coming weeks and provide the numbers to a feral horse advisory committee.

THE CANADIAN PRESS

Iran

Tehran told to clear up nuke fears to ease sanctions

A U.S. envoy told Iran on Wednesday that it can expect relief from sanctions if it clears up suspicions it worked on nuclear arms, but Tehran said claims that it did so are "baseless."

The exchange reflected obstacles to an agreement that would end concerns Iran is interested in atomic weapons. THE ASSOCIATED PRESS

Tunisia

Blogger jailed for Muhammad cartoons freed

The lawyer for a Tunisian blogger sentenced to seven years in prison for posting cartoons deemed insulting to the Prophet Muhammad says her client was freed late Tuesday. Bochra Belhaj Hamida said Wednesday that Jaber Mejeri had left prison, and measures were being taken to ensure his safety. THE ASSOCIATED PRESS

Sweden

Aid to Uganda cut over anti-gay legislation

Sweden has joined other countries in halting aid to Uganda after the nation strengthened anti-gay legislation last week. A spokesman for the Foreign Ministry said Wednesday that Sweden will immediately cut aid worth \$1 million US to Uganda's government. THE ASSOCIATED PRESS

Somalia

Al-Shabab claims to have executed three spies

Somalia's al-Qaida-linked group says it has killed three men it accused of being spies for Somalia and France. A self-proclaimed judge for al-Shabab said on the group's radio station Wednesday that the three men had been killed by firing squad in the town of Barawe. THE ASSOCIATED PRESS

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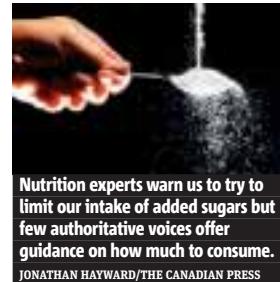
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WHO's new sugar target: About six teaspoons a day

Pushback. Nutritional experts say food industry would need to dramatically reformulate products to meet the targets

The World Health Organization is again urging people to lower the amount of sugar they eat, suggesting there are health benefits to restricting so-called free sugars to less than five per cent of one's dietary intake.

For the average adult, that would be about six teaspoons (30 millilitres) of sugar a day — less than the sugar contained in a single can of sugar-



Nutrition experts warn us to try to limit our intake of added sugars but few authoritative voices offer guidance on how much to consume.
JONATHAN HAYWARD/THE CANADIAN PRESS

sweetened soda. For children, it could be as low as three teaspoons (15 ml) of sugar a day, said Dr. Francesco Branca, director of the WHO's department of nutrition for health and development.

In draft recommendations issued Wednesday, the Geneva-based global health

agency said people should limit their intake of sugar to no more than 10 per cent of their daily calorie intake, but if they could get to five per cent, that would be better.

"The five per cent would probably be the ideal one and the 10 per cent is the more realistic one," Branca said.

Both would likely be a stretch for many Canadians.

The most recent Canadian data, from the 2004 Canadian Consumer Health Survey, shows that on average Canadians consumed 110 grams of sugar a day that year — the equivalent of 26 teaspoons (130 ml) of sugar. Sugar calories made up 21.4 per cent of the average Canadian's total calorie intake.

THE CANADIAN PRESS

NEW SEASON

SEED TONIGHT 8

City



Faithful begin Lent season

A woman leaves an Ash Wednesday service at St. Patrick's Cathedral, Wednesday, in New York. Some Protestant, and all Catholic churches, distribute ashes on the forehead as a sign of repentance and renewal on Ash Wednesday as the 40-day season of Lent leading to Easter begins. MARK LENNIHAN/THE ASSOCIATED PRESS

AIDS virus treatment

Doctors hopeful second baby born with HIV is now in remission

A second baby born with the AIDS virus may have had her infection put into remission and possibly cured by very early treatment — in this instance, four hours after birth, doctors revealed Wednesday at an AIDS conference in Boston.

The girl was born in suburban Los Angeles last April, a month after researchers announced the first case from Mississippi.

That case was a medical first that led doctors worldwide to rethink how fast and hard to treat infants born with HIV. The California doctors followed that example.

The Mississippi baby is now 3 1/2 and seems HIV-free despite no treatment for about two years. The Los Angeles baby is still getting AIDS medicines, so the status of her infection is not as clear.

THE ASSOCIATED PRESS

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Citytv.com ROGERS

Marois rallies for April 7 election

PQ leader. If elected to a majority, premier has promised to consult Quebecers about a referendum

Quebecers will go to the polls next month with the Parti Québécois chasing a majority government that could lead to another independence referendum.

Pauline Marois, first elected premier 18 months ago, announced the April 7 vote Wednesday after meeting with her cabinet.

Flanked by PQ MNAs inside the national assembly, Marois listed what she described as her government's accomplishments since coming to power in September 2012 following the defeat of Jean Charest's Liberals.

Recent polls have suggested the pro-independence party could capture a majority.

Marois' seven-minute speech was peppered with



Quebec Premier and Parti Québécois Leader Pauline Marois calls for a general provincial election, Wednesday in Quebec City. THE CANADIAN PRESS

Quoted

"We have put lots of effort — lots of effort — in our economic policies to make Quebecers richer in all regions with quality jobs everywhere."

Quebec Premier Pauline Marois

examples aimed at sending

the message that her PQ government has created jobs and been a sound manager of the economy, an area long considered a party weakness.

The statement, which she delivered before a meeting with Quebec's lieutenant-governor, made no mention of Quebec independence, sovereignty or referendum. She refused to take questions from journalists.

THE CANADIAN PRESS

Buying goodwill

Small carbon levy key to pipeline support: Wall

Saskatchewan's premier says he's ready to impose a modest levy on the oil and gas sector if it helps buy some goodwill in Washington.

Brad Wall is in the U.S. capital today, and he's talking about ways to build support for the Keystone XL pipeline.

He says President Barack Obama has a political window to approve the project before this year's midterm elections — and it might be easier for him to give the OK if he can point to some Canadian action on the environment.

The Canadian government says it's already working with the U.S. on oil and gas regulation.

Wall says he'd like to start slowly, at \$15 a tonne like Alberta's current levy — a rate environmental groups have dismissed as ineffective and which the Alberta government itself has mused about tripling.

THE CANADIAN PRESS



Lucky the dog brought to shore by U.S. Coast Guard

In this March 3 photo provided by the U.S. Coast Guard, crew members assigned to Coast Guard Cutter Bristol Bay hoist aboard the ship a dog they found stranded on the ice of Lake St. Clair, Mich. The dog, who the crew later named Lucky, was taken inside the ship, where it was provided food and care before taking it to an animal shelter.

U.S. COAST GUARD/THE ASSOCIATED PRESS



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Another one-cent cheque won't happen, says minister

Dead soldier's mom was 'devastated.'
Nicholson says he'll personally speak to corporal's mother

The government blunder that delivered a one-cent cheque to the mother of a dead Canadian soldier will never be repeated, Defence Minister Rob Nicholson vowed Wednesday in the House of Commons.

And at least one other cabinet minister is blaming an unidentified bureaucrat for the mistake, saying that the government employee responsible for the error should apologize.

Nicholson, who issued his own abject apology for the mistake Tuesday during question period, repeated himself Wednesday and said he's arranged to speak personally with Cpl. Justin Stark's mother, Denise.



Defence Minister Rob Nicholson answering questions at the House of Commons on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

"Immediately after question period I contacted the department. I received assurances that something like this will

not happen, there will be better communications," Nicholson said.

Stark, 22, a reservist with

the Argyle and Sutherland Highlanders of Canada, took his own life in October 2011 after a seven-month tour of

duty in Afghanistan. His mother recently received a one-cent cheque in her son's name from Public Works. THE CANADIAN PRESS

Arar inquiry follow-up

Advocates call for border services watchdog

A British Columbia-based civil rights group is renewing its call for an independent body to monitor the agency that polices Canada's borders, more than seven years after a public inquiry into the Maher Arar case recommended more outside oversight.

The B.C. Civil Liberties Association says the federal government has done nothing to implement a recommendation from the Arar inquiry that an outside body reviews the duties of the Canada Border Services Agency.

The association's executive director, Josh Paterson, said he's written the federal public safety minister asking for the creation of an independent body to monitor all areas where the agency acts like a police force.

"There is no independent oversight of the activities of their officers," Paterson said Wednesday in Vancouver. THE CANADIAN PRESS

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Spring Parade Showcase

BY MIKE MOORE, PRESIDENT, MANITOBA HOME BUILDERS' ASSOCIATION

The Manitoba Home Builders' Association is proud to present this year's version of our annual showcase of new homes, the largest and best Parade of Homes in all of Canada. March symbolizes Spring, warmer weather and the ability to finally get outside and walk around. This has

been a particularly long and cold winter and we've been waiting for the opportunity to visit the various new neighbourhoods throughout our City and Province when they come to life with these fabulous new homes. We are proud and delighted to showcase 36 different builders who will be presenting 122 homes in 31 unique and different neighbourhoods. These Parade homes represent the absolute best in design

and construction in Manitoba and, for that matter, Canada. The skilled craftsmanship that goes into each new home will be evident during your visit. We take great pride in the statement that Manitoba new homes are the best built homes in the country.

"THESE PARADE HOMES REPRESENT THE ABSOLUTE BEST IN DESIGN AND CONSTRUCTION IN MANITOBA AND, FOR THAT MATTER, CANADA"

A new and exciting feature of this year's Parade is that you, the consumer, gets to decide who wins all of the awards. Everyone who visits any of the homes can rate on site in four different categories:

- a) Overall value and quality of home
- b) Functionality, traffic flow and proportion
- c) Special design features
- d) Interior visual appeal

Every home will have a QR code associated with it. Simply download the QR code app on your smart phone, click on the code in the home and it will take you to a ranking page for that home where you can award it from one to five stars in each of the four listed criteria. If you don't have your phone handy, you can also go to (www.paradeofhomeselect.ca) and rank each home you visited. It's easy to do and, after the Parade, you'll be able to compare your rankings with the winners posted.



MANITOBA'S NEW HOME BUILDERS SHOWCASE THEIR BEST
MARCH 1 to 23, 2014

**Spring is here and the Manitoba Home Builders have been busy preparing to
WOW you again with some great new designs and decor.
You wont want to miss seeing what they have in store for you during the Spring Parade of Homes!**

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PRESENTED BY



Manitoba Home
Builders' Association



MHBA builder members appreciate the importance of your decision to purchase a new home. That is why they encourage Parade visitors to look carefully at each detail, talk to the sales agents and return for additional visits. After all, show homes are open after the Parade, too. Our builders want to ensure that you are matched with the home that is perfect for your life situation and family for years to come. We believe that this year's selection of new homes offers the right design and the right location for everyone. Be sure to visit as many homes as possible to take full advantage of the Parade. The more homes you visit, the more new and exciting ideas you will get.

Manitoba's new home construction industry is strong and vibrant. MHBA member builders and suppliers keep abreast of the latest technology, trends and techniques to ensure that your new home offers affordability, quality and choice. There has never been a better time to purchase a new home.

Thank you for visiting the 2014 Spring Parade of Homes.

How to join the judging

1. VISIT ANY OF THE PARTICIPATING BUILDER'S SHOWHOMES
2. SCAN THE QR CODE FOUND IN THE SHOWHOME WITH YOUR SMART PHONE OR VISIT WWW.PARADEOFHOMESSELECT.CA
3. RATE THE SHOWHOME ON A SCALE OF 1-5
(1 being low & 5 being high)

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Manitoba Home
Builders' Association

MARCH 1-23

122 Showhomes
36 Builders
31 Subdivisions



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Ile des Chenes, Stonepark Pointe
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Niverville, Fifth Ave. Estates
North Pointe
Oak Bluff West
Oakbank, Crystal Lakes
Park City
Pritchard Farm, Southlands Village
River Park South
Royalwood
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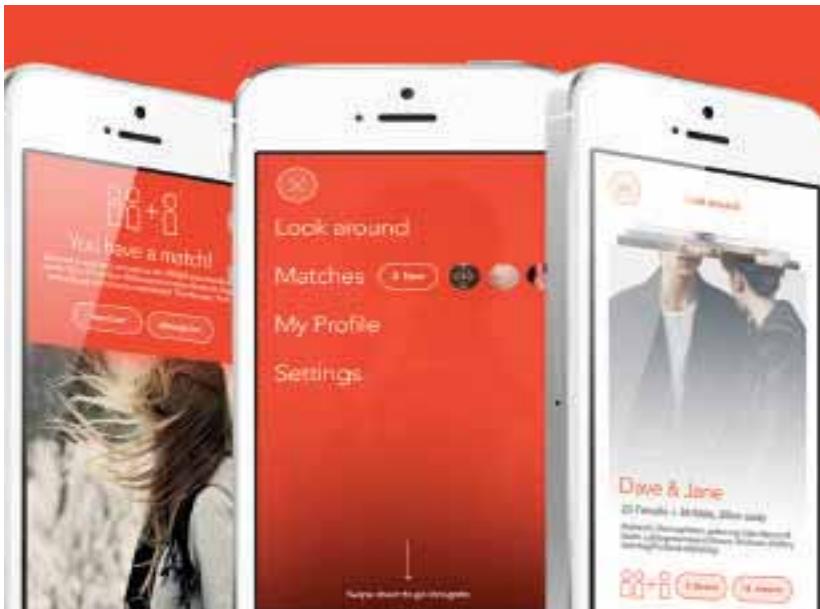
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14

BUSINESS

metronews.ca
Thursday, March 6, 2014



Three's a very welcome crowd on 3nder

Fancy a threesome? Dimo Trifonov, the London-based entrepreneur behind dating app 3nder, thinks you do. The spin-off of location-based hookup apps like Tinder and Grindr aims to remove the seedy stigma attached to the ménage à trois. Seeking a threesome "should be something that doesn't make you feel like a sexual freak," Trifonov says. The app is currently in beta mode, but already has 23,000 subscribers. **METRO WORLD NEWS**

SALES MANAGER

Metro Winnipeg is looking for a passionate and committed Sales Manager to manage the everyday functions of the Winnipeg sales department. The successful candidate will be responsible for the development and growth of evolving sales strategies and advertising solutions in order to effectively compete in the marketplace, achievement of sales targets, page yields and the development of new revenue streams.

PRIMARY RESPONSIBILITIES:

- Provide leadership to Sales Team to maximize both performance and professional growth
- Achieve and surpass revenue targets and other performance metrics across all print, online and mobile platforms
- Develop new revenue projects to assist in overachieving revenue goals
- Build strong customer relationships
- Increase the number of innovative and first-to-market programs
- Work in accordance with other retail sales managers across Metro English Canada and SMG to leverage appropriate cross selling opportunities.
- Lead major department projects with budget accountability

REQUIREMENTS OF THE POSITION:

- Post secondary degree in Sales and/or Marketing preferred
- Newspaper experience would be an asset
- Sales management training preferred
- Minimum of 3-5 years experience in a sales management role in the Winnipeg market
- Experience selling to retailer and/or small-medium business directly
- Excellent oral and written presentation, communication and negotiation skills
- Superior ability to manage a sales team utilizing a Customer Relationship Management System (CRM)
- Ability to problem solve and make decisions in a dynamic, ever-changing environment
- A passion for creativity; an entrepreneurial spirit
- Proficient in Microsoft Office applications

Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than March 22nd.

PLEASE QUOTE: "Sales Manager - Winnipeg" in the Subject Line. All submissions will be treated as confidential.

metro

Virtual bank robber to blame for fall: Flexcoin

Digital currency.

Alberta 'bank' focused on bitcoins folds after it claims attacker 'exploited a flaw in the code'

An Alberta-based online "bank" specializing in bitcoins is blaming a technical flaw for the theft of its digital currency that forced it to close its doors this week.

In a statement on its website Wednesday, Flexcoin says 896 bitcoins were stolen from its online vault. That translates into a loss of about \$600,000, based on bitcoin's current trading value.

"Flexcoin was attacked and robbed of all coins in the hot wallet," the company reported

Background

Since its creation in 2009, bitcoin has become popular among tech enthusiasts and risk-seeking investors because it allows people to make one-to-one transactions, buy goods and services and exchange money across borders without involving banks, credit card issuers or other third parties. Criminals like bitcoin for the same reasons.

on its website. "As Flexcoin does not have the resources, assets or otherwise to come back from this loss, we are closing our doors immediately."

An email to the company requesting comment was not

immediately returned. But the website did provide details on how the company thinks the theft happened.

"The attacker successfully exploited a flaw in the code which allows transfers between Flexcoin users," it said.

Flexcoin said by sending thousands of simultaneous requests, the attacker was able to move coins from one user account to another until the sending account was overdrawn.

"This was then repeated through multiple accounts, snowballing the amount, until the attacker withdrew the coins."

A line in the company's terms of service says it doesn't insure any of the bitcoins stored on its system nor is it "liable for any lost bitcoins."

THE CANADIAN PRESS

Ford scandal helps Star boost its bottom line

The Toronto Star's coverage of scandal-plagued Mayor Rob Ford helped stabilize profits at parent company Torstar Corp. in the fourth quarter, but it wasn't the sole reason for the improved results, company executives said Wednesday.

"If that were the case, the results would be even bigger," laughed John Cruickshank, the newspaper's publisher and president of the Star Media Group, when asked in a conference call what role the controversial Toronto mayor played in the company's latest earnings.

"This really was our revenue sources across all of the spectrum getting closer to historical levels."



Robyn Doolittle, Toronto Star reporter and author of *Crazy Town: The Rob Ford Story*, with TV host Seth Meyers on Feb. 26. **PETER KRAMER/NBC/GETTY IMAGES**

The Toronto-based media company, which holds a 90 per cent stake in Metro newspapers for English Canada, reported net income of \$20.6 million in the three months ended Dec.

31, little changed from \$21.1 million a year earlier. Net income per share was unchanged at 26 cents; adjusted earnings fell one cent to 48 cents per share. **THE CANADIAN PRESS**

Market Minute



DOLLAR
90.60 ¢ (+0.51¢)

TSX
14,304.17 (+14.31)

OIL
\$101.45 US (-\$1.88)

GOLD
\$1,340.30 US (+\$2.40)

Natural gas: \$4.57 US (-\$0.09)
Dow Jones: 16,360.18 (-35.70)

Weapons

Facebook to delete posts for illegal gun sales

Under pressure from gun control advocates, Facebook agreed Wednesday to delete posts from users seeking to buy or sell weapons illegally. **THE ASSOCIATED PRESS**

OPENING THE LID ON OPIOIDS

How did "a pain in the neck" come to describe an annoying person?

Because I have a pain in my neck keeping me home from work, and it's much more than annoying. When the doctor asked me to rate the pain on a scale of one to 10, I said I'd need a spinal tap because this one goes to 11.

OK, I didn't say that. What I said was: "OW makeitstop OW."

An annoying person should be a rug burn. Or a hangnail. Or a paper cut. All pretty good insults, come to think of it.

A "pain in the neck"? That should be reserved for the Atillas and Stalins and Trumps. History's greatest monsters.

This hurts so much that I've been watching Game of Thrones and after every decapitation I think, "Oh, that'd be sweet relief. Wish I was a traitor."

The good news is there's a silver lining—possibly lining the



HE SAYS
John Mazerolle
metronews.ca

muscle in my neck, which would explain the throbbing. The doctor, seeing the brave way I was handling adversity, prescribed me a heavy-duty painkiller to provide relief. This means:

1) I get to take opioids.

2) I get to write about opioids.

3) If I write a lame column and make hack jokes about my doctor's handwriting, I can blame the opioids.

John's Guide To Prescription Painkillers

1) I joke around in this column, but you should never, ever abuse drugs that aren't liquor, beer, wine, snuff, cigarettes, cigars, marijuana, hash or coffee. And even then, only several times a month.

2) Try to look suspicious when you ask for your painkillers. That way, when the pharmacist makes a phone call and you check out, you get to act offended.

3) To check the effectiveness of the security cap, be sure to leave

your medication alone in your living room for long periods of time. Better safe than sorry.

4) Remember to look under the rim for your chance at free drugs or one of seven 2014 Dodge Durangos.

5) All the drug-safety guidelines I read remind you to turn on the lights when you take pills. This is to ensure that you're not blind. If you are blind, call a doctor. Unless you've always been blind, in which case call a friend. They'd love to hear from you.

6) After a statistically significant sample of three Percocet, I can say the most interesting effect of opioids is that they don't make you feel good; they just make you feel less. Part of me had expected to have a Yellow Submarine/Twin Peaks vision trip, but really it was more of a Big Bang Theory/According to Jim trip. I didn't feel anything, other than hoping it would be over in the next 22 minutes.

And that's my guide to prescription painkillers. Now that I understand how powerful these drugs are, it makes sense to me that my doctor's handwriting is so scribbly! Am I right? Sorry, sorry. Dave's not here, man.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

So, how about those new year's resolutions? Two months into the year, are you still hitting the gym, reading more, spending less and being an all-around saint? For those who have perhaps fallen off the wagon, here are some apps to help pick you back up.

Everest:

Whether it's to climb Mount Everest or just pay off your debt, this free iPhone app helps you get your goals in order—and follow friends (and strangers) as they progress with theirs.

Habit Clock:

Start your day "right" with this alarm clock/habit-forming app. After you hit snooze, Habit Clock keeps your morning on track by sending reminders to finish your predetermined morning habits.

Habit List:

You can't develop habits unless you track them, or at least that's the logic behind Habit List. The iPhone app lets you record your tasks, sends reminders and keeps you focused.



ISTOCKIMAGES

Comments

RE: Passenger's Sexist Note Left On WestJet Flight Stirs Pilot's Heated Response, published March 4

Here's a plan. Keep doing what you're doing and try not to be offended so easily. People will always have their own outlook on life, and no matter how skewed it is they have a right to believe in whatever they want. Further, they have a right to express their own incorrect, correct, or outrageous opinions. Why let someone's rant or comment get you down? Why vent in anger on Facebook? Why even give it a second thought? We call this the "Me Generation" because the majority of people have developed a large sense of self-entitlement and people tend to take every insult and impunity to heart. **disqus_z3Lferpzn** posted to metronews.ca

I disagree whole heartedly Disqus_z3Lferpzn. I do agree that everyone is entitled to their opinion. But there comes a point when the opinions are just not acceptable and when offered freely and openly like this they are open to the ridicule they deserve. This is SEXISM pure and simple and is not to be tolerated. As any kind of prejudice should not be tolerated. **TJE** posted to metronews.ca

For you to say that "any kind of prejudice should not be tolerated" is in fact extremely prejudicial and I will not tolerate it. Everyone has prejudice in their thinking towards something whether people like you it or not, or even realize it or not. Some people are stupid. Some cultures are backwards. Some religions are horrible. I have the right to make such a judgment based on thoughtful study of the facts. **Rory Kyle Maxwell** posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: winnipegletters@metronews.ca

ZOOM

It's the circle of life



ANDREW BURTON/GETTY IMAGES

Human hamster wheel spins in N.Y.C.

Ward Shelley, top, and Alex Schweder, both professors, designers and artists, live in their art installation piece titled *In Orbit* on Wednesday in the Williamsburg neighborhood of the

Brooklyn Borough of New York City. Shelley and Schweder are in the midst of living in the hamster wheel-like environment for 10 days; the wheel was designed complete with beds, desks, a kitchen and bathroom and chair for relaxing. **GETTY IMAGES**

Working together through the grind

One wrong move by him or his fellow human hamster and they risk being thrown off. They are perched on opposite ends of the wheel, 180 degrees from each other, and must carefully co-ordinate their movements. **THE ASSOCIATED PRESS**

When one walks, the other must walk in the opposite direction. When one stops, the other must stop.

"It's really an exploration of what it means to collaborate," Schweder said. "It's an exploration of trust between two people."

THE ASSOCIATED PRESS

Clap your hands for analog

Sleepy Sun. Band recorded on tape for that flawed sound, changing their process and music



BACKSTAGE
PASS

Jared Story
winnipeg@metronews.ca

In his book *The Universe Within: From Quantum to Cosmos*, physicist Neil Turok writes "We are analog beings living in a digital world..."

For its latest album, *Maui Tears*, San Francisco-based psychedelic rock band Sleepy Sun decided to forgo digital technology and get back to basics, recording entirely to tape. "It really does affect the process, and not only that, but the sound as well," said vocalist Bret Constantino, who is joined in Sleepy Sun by guitarists Matt Holliman and Evan Reiss, bassist Jack Allen and drummer Brian Tice.

"You can't really achieve that kind of sound quality with digital. But mainly it affects the process. There are certain limitations with tape and it has this magical quality of capturing



San Francisco's Sleepy Sun brings its psychedelic rock sound to Winnipeg on Thursday, March 13. CHLOE AFTEL

On creating evil

"It's such a straight-forward song in terms of its rhythm, structure and melodies, so we wanted to push that to some sort of extreme. Sonically, we strived to make that one as dirty and heavy as possible."

Sleepy Sun lead Bret Constantino, on the heavy sound on 11:32

the imperfections that might otherwise come off a little too sheer in a digital medium. The experience of recording to tape trumps the quality, although the quality I think is arguably better for our tastes."

Opting for analog recording also opened up the door for some cool tricks of the tape trade. Take the hand claps on the song *Galaxy Punk* for instance.

"That's multiple hand clap tracks," Constantino said. "We recorded them back-

wards. We flipped the tape over and then recorded them with a bunch of reverb, and then flipped the tape back over and they're a reverse clap section."

"It just adds nuances, character. It adds this lurching aspect to the song and it lends to the disorientation of it. That teamed with the bass line makes it kind of warbly. It's all colouration really."

Speaking of cool effects, on the heavy as hell song 11:32, Constantino used some special amplification to bump up the

wickedness.

"I used a thing that Tim Green (Maui Tears producer) calls the 'evil mic', a modified SM57 mic that he has," Constantino said.

"I'm sure it (the song) sounds evil for a lot more reasons than that. It's such a straightforward song in terms of its rhythm, structure and melodies, so we wanted to push that to some sort of extreme. Sonically, we strived to make that one as dirty and heavy as possible."

Details

Sleepy Sun play Union Sound Hall on Thursday, March 13.

- Opening the show is Winnipeg band Surprise Party.
- Tickets are \$10 at ticketworkshop.com. Showtime is 10 p.m.

visit **metronews.ca**

Thou art a villain, Ms. Eva Green

300: Rise of an Empire. Actress seems to be having a little too much fun playing a psychopath

 **NED EHRBAR**
Metro World News in Hollywood

Eva Green was really looking for an all-out villain to sink her teeth into, and she got that and more with the role of Artemisia in *300: Rise of an Empire*.

Green sits down with Metro to discuss playing nuts, using sex as a weapon and the allure the mystical side of things.

You're playing more than just the typical villain in this. Yes. I ... kill people, and I'm not very nice, yes. It's pure villainy. You know, lots of actors will go, "No, she has cracks, she's human." And of course you learn about her back-story and how she's been betrayed by her own



Eva Green is the unconscionable Artemisia in *300: Rise of an Empire*, which opens on Friday. CONTRIBUTED

countrymen and it has kind of hardened her heart big time. The only challenge is to find maybe some jubilation in this because yeah, she's just ... mental. She has no conscience and she can't tolerate incompetence, and

anybody who doesn't follow her orders, just (snaps) "Off with his head!" You can't do that in real life, really.

You also have probably one of the more aggressive sex scenes in this.

I mean, it's more of a fight than a sex scene, really. It's so violent that it was kind of staged as a fight scene. I love when it's kind of clinical. Even a normal sex scene, actually, when they go, "You put your hand here and you

here," "How do you do? We're going to have sex." And here it's two warriors having sex. They deal with violence every day, and this is how they do it. It's kind of S&M without the leather. It's not very romantic, let's say.

Netflix

The Trailer Park Boys are back

Light up a smoke and pour yourself a rum and coke, folks! It's time to celebrate as Ricky, Julian and Bubbles make their way to Netflix with 10 new episodes later this year.

But first, the latest seasons will be added in Canada and the U.S., while Seasons 1-7 will be available for the first time in the U.K., Ireland, Netherlands, the Nordics and Latin America. It's been several years since the cameras have followed Ricky, Julian and Bubbles around the Sunnyvale Trailer Park, so there's a lot to catch up on: Ricky recently harvested an enormous weed crop which he has successfully hidden in the walls of his trailer, Julian has opened a bar and gym in his trailer and Bubbles is in the process of opening what he calls a 'Shed and Breakfast' business.

METRO

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Broken Bells: Holding on For Life?

No expiry date.

Superduo pledge to continue making music together indefinitely

As The Shins' James Mercer and highly sought-after producer Danger Mouse, whose real name is Brian Burton, were preparing their second album as Broken Bells, they noticed some new benefits to their increasingly worked-in collaboration.

"It's easier to be blunt," said Mercer with a laugh in Toronto, seated in a hotel conference room next to his bandmate. "(Brian can say): 'I don't like that.' And I'm just like, 'OK. On we go.'"

The duo had travelled north for a pair of shows — Monday in Toronto and Tuesday in Montreal — a little over a month following the release of *After the Disco*.

The band's sophomore effort opened at No. 3 on the Canadian Billboard chart, its highest placement worldwide ("Better taste up here," mur-

mured Mercer when asked to muse on their north-of-the-border success).

True to its title — a reference to the post-party come-down — *After the Disco* is a rather down affair. Where the first record mixed Mercer's winsome whine with eclectic ear-candy arrangements polished to a lavish sheen by Burton, its follow-up varies its mood more judiciously, even as certain tunes (especially the title track) dial the tempo upward.

"We both have that affinity for melancholic music," explained Mercer.

If the sound of the record is slightly different, the process behind it really wasn't. Again, Mercer went down to L.A. and stayed in Burton's guest room. Together they worked every day at Burton's studio, staying up late into the night penning lyrics together.

Largely, it seems as though the collaboration is fuelled by their friendship, which has only grown closer since they linked up to work on the first album.

And Burton — who has produced albums for a range of



James Mercer, left, and Danger Mouse (a.k.a. Brian Burton) of Broken Bells. SONY MUSIC CANADA

high-profile artists including Norah Jones, Beck, The Black Keys and Cee Lo Green (as the duo Gnarls Barkley) — says Mercer is indeed easier to work with than most.

"This one, there's no politics involved," said Burton, who first gained wide notice for the

Beatles/Jay-Z mashup *The Grey Album*. "There's no watching what you say or what you do so much. It's just me and James."

Discussions of Burton's personal studio might conjure images of a plush musical retreat — but it was actually much more modest. "It was like a

crappy lawyer's office," said a laughing Mercer. "Small and dingy. ... It was really that sort of innocuous suburban strip mall office type of thing."

"The vocal booth is pretty hilarious," he added. "There's an auto body shop right behind where the vocal booth sits ... (so

Quoted

"We both have that affinity for melancholic music." James Mercer, on the mood of Broken Bells' *After the Disco*

you can hear someone grinding the bondo off (a car)."

Although both artists are extremely busy — Burton is currently helming the upcoming U2 record, but declines to offer any details on the long-awaited album — they're insistent that *Broken Bells* is a going concern.

Burton, especially, has tired of the widely held presumption that this was a collaboration with an expiration date. "It seems like we could keep doing this forever, really," Mercer said.

"It's a band," added Burton. "It would be no different than some band coming in on their second album and asking if they're planning on doing it forever — they'd probably look at you like you're kind of nuts."

"We're a band, why wouldn't we?"
THE CANADIAN PRESS



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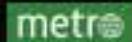
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PERFORMERS: BRETT KISSEL, CLASSIFIED, DEAN BRODY, GORD BAMFORD, MATT MAYS, ROBIN THICKE, SERENA RYDER, TEGAN AND SARA, THE SHEEPDOGS, WALK OFF THE EARTH & MORE

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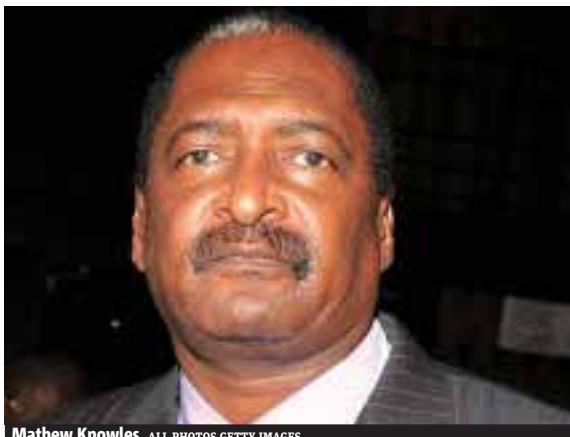
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Mathew Knowles. ALL PHOTOS GETTY IMAGES

Beyoncé's dad gets a break on his baby mama bills

A judge has approved a substantial cut in the amount of child support that Beyoncé Knowles' father must pay because his income dropped after his superstar daughter fired him as her manager.

A ruling obtained by The Associated Press shows that a Los Angeles Superior Court judge cut the amount Mathew Knowles must pay to actress Alexandra Wright from \$12,000 US a month to roughly \$2,500 US a month. The pay-

ments are for a son Knowles fathered with Wright while he was still married to Beyoncé's mother.

Judge Scott Gordon's order is retroactive to February 2013. Although the singer's name is not mentioned in the ruling, it notes that her father's income has substantially fallen since she fired him in 2011. Mathew Knowles sought a reduction in his child support payments, and a hearing was held earlier this year. **THE ASSOCIATED PRESS**

Another McConaughey kid in nine months?

Don't be surprised if Matthew McConaughey names his next kid Oscar, as the newly minted Academy Award winner had just one thing on his mind following his win for best actor Sunday night.

"We won't stay long at the after-party," he told the Sun. "I want to go home and make another baby." McConaughey and wife Camila Alves are already parents to five-year-old Levi, four-year-old Vida and 14-month-old Livingston.



Matthew McConaughey

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Lohan's reality is still stranger than fiction

MELINDA TAUB
Metro World News

In the first look at Lindsay Lohan's OWN post-rehab reality show, her life looks fairly grim. She confesses that being stalked by paparazzi makes her feel like a prisoner "all the time." She looks alternately bored and panicked throughout. Handlers tattle to Oprah that Lindsay is being unprofessional, skipping photo shoots and may be backsliding into addiction.

"This is exactly what everybody said was going to happen," Oprah sighs, "and I believed differently. She

doesn't understand that this is your life."

We also glimpse a confrontation between the two, during which Oprah exhorts the OWN star to take her recovery seriously. "My truth is that I really do want you to win," says Oprah.

"No, it's not that I'm not ready to do that. I do want to," Lindsay insists.

"You need to cut the bulls—," Oprah returns.

Not defending Lindsay for leaving crews and co-workers hanging, but possibly her subconscious has realized that most newly recovering alcoholics would be better off anywhere but the set of a reality television show.

I'm sure that's not the case here, though. Oprah would never endanger someone's recovery just for the sake of OWN.



Katy Perry

Apparently when Katy Perry kisses a girl, she doesn't like it

Katy Perry kissed another girl, and this time she wasn't really that into it. While visiting Australian talk show Sunrise this week, Perry recounted her close encounter with Miley Cyrus at the Bangerz singer's concert in Los Angeles. "I just

walked up to her to give her, like, a friendly, girly kiss. You know, as girls do," Perry said. "And then she, like, tried to move her head and go deeper and I pulled away. God knows where that tongue has been."



Twitter



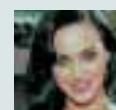
@johnkusack

I love twitter when I randomly follow people and wake up to see berserk things on my feed



@TomArnold

If you eat a whole bag of potato chips, even gluten free, you basically lose a day of your life. Maybe more. I'll let you know tomorrow.



@katyperry

If cuttlefish really cuddle call me a mermaid and drop me in a tank of them pls.

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SHOPPERS
DRUG MART

From the runway, with love

Fall/Winter Fashion Month has taken four countries by storm once again. Here's a taste of what Metro's gurus of glam were lucky enough to see in the last leg of their high speed, high fashion city-hop. Until next season, style fanatics!

METRO WORLD NEWS

Roberto Cavalli (Milan)

Fire makes the perfect backdrop for Cavalli's flamboyant clothes. When a collection has heaps of dramatic fur on top of feathers on top of python on top of fringe, and tassels, and studs, and beading, the addition of a ring of flames and smoke seems only right and natural. He's cultivated an iconic look that may not set any agendas, but epitomizes Milanese fashion and its trademark carnal glamour. This is the drama we look for from Milano Moda Donna and he's delivered.

Major trends: Python, tassels, contrasting textures, blanket coats, gold.



Prada (Milan)

Prada has an unmistakable way of making the garish look intelligent, the street style bait not look so try-hard, and the commercially appealing look artful. That's why most of these pieces (I'm placing bets on the shearling jackets and sporty platform shoes), which would look ridiculous in anyone else's hands, will most likely fly off the shelves. Remember, Prada has consistently posted sales growth for several years now. Even if this collection is not her most exciting, she's still on a roll.

The major trends: Seventies-inspired prints and shapes, and shearling.

Rochas (Paris)

All of the clothes are stunning, right down to the densely beaded gloves. But too many in the second half of the show look heavy and fussy, like a wardrobe malfunction waiting to happen. That said, this collection falls right in line with the memo that clearly went out for autumn/winter '14: glamour and all of the decorative trappings that come with it, rules.

Major trends: Dense embellishments, outsized volume, experimentations with texture and longer fuller skirts.



Carven (Paris)

Guillaume Henry has referenced a decade other than the '60s this season and I appreciate that. His forties shapes and silhouettes have a film noir sensibility about them. Interestingly, this collection presents a more grown-up look than the girlie, whimsical fare. The strongest looks are the longest: straight, midi-length skirt suits and belted coat dresses and jackets that look like the stuff of Ingrid Bergman movies, with a modern twist.

Major trends: Longer midi skirts, shiny embellishments, shades of blue, and experiments with texture.

Sonia Rykiel (Paris)

The emphasis on knits and sense of humour present in a series of dresses emblazoned with 'Moi' are classic Rykiel, but there's a new contemporary, urban polish here as well. Best of all, everything looks so incredibly cosy and easy to wear. There are enormous Mongolian fur coats, relaxed, softly tailored trousers, oversized waffle knit sweaters and lithe, lean skirt suits, all in the warmest wools and cashmeres.

Major trends: Relaxed slouchy shapes, shaggy outerwear, textured three-dimensional surfaces and midi-length skirts.



Canadian street style

Spotted in: Toronto

Name: Jennifer

Age: 25

Occupation: Retail Manager

What she's wearing:
Hat: Topshop
Glasses: Chanel



Scarf: Wilfred
Jacket: Wilfred
Shirt: Club Monaco
Bottoms: J Brand
Shoes: Zara
Bag: Givenchy

Her inspiration:
"I'm minimal yet eclectic. I'm inspired by people who look amazing in head to toe basics. I adore people who can modify current trends to preserve

their own unique sense of style."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

Trends Report

High-waisted jeans are predicted to be a huge trend this spring, but who are we kidding? They're not flattering on many women, not even some celebs. But if you're curious to try them out, go online to Trends Report to see three outfits I've put together that actually make high-waisted jeans look great.

- **Online.** Follow Irene on Twitter at @MetrolreneK or Instagram: kuanirene; metronews.ca/voices/trends-report



Fab visions for vacay finds

Everyone loves to bring back souvenirs from a holiday. Fridge magnets, coffee mugs, tea towels, carved masks and seashells are just a few of the popular items that keep vacation memories alive. Here's what to look for when you're away, and a few ideas to ensure your mementos are displayed to their best advantage once you get them home



DESIGN
CENTRE

Karl Lohnes
home@metronews.ca



ISTOCK

Hang a piece of decorative fabric or rug behind a bed to create an instant headboard. Kilim or flat weave carpets can be used as sturdy upholstery for poufs and ottomans. Rugs 3x4 feet or smaller look very special when framed and hung on the wall.

Rules for travel collecting

1. Before purchasing an item to display in your home, ask yourself if it will fit nicely with your home's decor. A carved African mask would make a great display for bohemian-styled decor but could look out of place in a country-themed room.
2. Keep the entire collection together. Grouping has a bigger impact and creates a strong focal point. Double the impact by placing your display in front of a mirror.

3. Large collections can be divided and grouped by colour or theme to help make a stronger statement.



ISTOCK

4. Narrow floating shelves in a hallway or a shelf installed just above a door entrance are great spots to display your collections without taking up valuable tabletop space.

5. Shadow-boxing small items gives them a museum quality, keeps collections tidy and creates unusual wall art.



CONTRIBUTED

Vintage tea towels make great artwork for the kitchen when steamed and pressed behind glass. They can also make unique pillows for a kitchen banquette.

Purchase mugs in themed sets. Provincial flowers, city map scenes, animals or flags are options easily found in many tourist haunts. Use a mug tree or a series of shallow wall shelves to show off your curated collection. London Underground Map ceramic mug set of four, 13 pounds, itmuseumshop.co.uk.



CONTRIBUTED



ISTOCK

Shadow-box or frame paper souvenirs to show them off. I like to enlarge and laser-print a favourite postcard to create unique art for the wall, then keep the original safe in an album.



CONTRIBUTED

A grouping of masks can create a statement when hung on the right wall. Keep the collection tightly spaced and match it to your decor through colour or theme. A great place to create a display is on a hallway end wall or in a powder room. Paint the display wall a dramatic colour like rust, teal or grey to create a backdrop that will show off your collection.

Picking pickerel nine ways

Fresh fish. Seagull's restaurant boasts the best of Lake Winnipeg.



SHEL ZOLKEWICH
River City Kitchen
winnipeg@metronews.ca

River City Kitchen went on a road trip recently. Our destination was Hecla Island and the recently-opened Lakeview Hecla Resort. There's a single restaurant on the property and it's a good one. Seagull's is open for breakfast, lunch, dinner and late into the evening. The cozy bar next to the dining space makes one of the province's best Caesars.

Surrounded by Lake Winnipeg, it makes perfect sense that the restaurant specializes in the prize catch—pickerel. The appetizer menu includes sautéed pickerel cheeks and pickerel wontons. Every salad on the menu can be turned into a meal with the addition of a panfried pickerel fillet.

Perhaps the most elegant pickerel dish is an entrée of panfried fillets served with Manitoba wild rice and vegetables. Or get your fish and chips fix with beer-battered pickerel served with house made tartar



Pickerel fillets with roasted red peppers and house made French fries at Seagull's. **SHEL ZOLKEWICH/FOR METRO**



What's your cupcake personality?

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metro

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LIFE

metronews.ca
Thursday, March 6, 2014

Nutrition marries pizza

Red Pepper and Goat Cheese Pizza

March is Nutrition Month but healthy doesn't mean sacrificing flavour

Pizza is a fantastic meal to make on the fly, especially if you have a flatbread or ready-made pizza crust. It's got a big surface, with lots of room for nutrient-filled vegetables.

In this easy-to-make recipe, creamy goat cheese balances the bright and fresh flavours of red pepper, onion and tomato. Combined with mozzarella (a pizza classic), olives and basil, it's a healthy meal that's ready in about 20 minutes.

Feel free to experiment with whatever you might have in the fridge: feta is a welcome substitute for goat cheese; zucchini and mushrooms pair nicely too. Chicken with spinach, red peppers and cheese is another dietitian-approved combo that you can easily cook and enjoy!

Using a baking stone is a great way to give your pizza a crusty finish. Place the pizza stone in a cool oven, turn on the oven and preheat the stone for about 45 minutes before cooking the pizza.

1. Preheat oven to 400 F (200 C) if using flatbread or 450 F (230

Ingredients

- 1 12-inch round of flatbread or enough pizza dough or a 12-inch (30 cm) pizza crust
- 1 tbsp (15 ml) olive oil
- 1 cup (250 ml) shredded mozzarella cheese
- 1/4 cup (50 ml) cup soft crumbled goat cheese
- 1 large red bell pepper, sliced
- 1 large tomato, sliced
- 1/4 cup (50 ml) sliced black olives
- 1/4 cup (50 ml) sweet Vidalia onion, sliced (optional)
- 1 tsp (5 ml) dried basil (or 2 tbsp/25 ml chopped fresh basil)

Healthy helpers

Dietitians of Canada offers up affordable kitchen must-have suggestions.

- Steamer basket.** Steaming your veggies is a quick, easy, and healthy alternative to sautéing.
- Oil mister.** The tool gives you precise control over how much oil is used.
- Box grater.** While we love using our grater for cheese, it can also be used for all kinds of vegetables. Salads with grated zucchini, beets or carrots are a tasty side dish option.

C) if using pizza dough

2. Place flatbread on baking sheet. Alternatively, if using pizza dough, spread out dough on lightly greased pizza pan to make a 12-inch (30 cm) circle.

3. Brush olive oil on top of flatbread or pizza dough. Sprinkle with mozzarella cheese. Top with goat cheese, red pepper, tomato, black olives, onion, if using, and basil.

4. Bake pizza in bottom half of preheated oven for 10 to 15



START TO FINISH
ABOUT 20 MINUTES

This recipe serves four. Each serving contains 373 calories and 18 grams of fat. **DIETITIANS OF CANADA**

minutes or until crust is golden and filling is bubbly. **RECIPES EXCERPTED FROM DIETITIANS OF CANADA, COOK GREAT FOOD: 450 DELICIOUS RECIPES © 2001 ROBERT ROSE INC. ROBERTROSE.CA REPRINTED WITH PERMISSION. ALL RIGHTS RESERVED.**

FLASH FOOD

From your fridge to your table in 30 minutes or less

Lunch. Zucchini Frittata



This recipe serves six. One serving contains 126 calories and 9 grams of fat. **DIETITIANS OF CANADA**

Ingredients

- 2 cups (500 ml) sliced zucchini
- 1 small onion, minced
- 1 tbsp (15 ml) butter or margarine
- 1/2 tsp (7 ml) olive oil
- 6 eggs, beaten
- 1 tbsp (15 ml) chopped parsley
- 1 tsp (5 ml) ground fennel
- 1/2 tsp (2 ml) ground dried rosemary
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) ground black pepper
- 2 tbsp (25 ml) shredded Cheddar

You can use whatever you have in your fridge, but six ingredients that will make a great frittata every time are eggs, zucchini, onion, cheese, and herbs and spices. Serve it with a whole grain roll and you will have a balanced meal.

2. In another bowl, combine eggs, parsley, fennel, rosemary, salt and pepper; pour over vegetables. Cook over medium heat, without stirring, until bottom of mixture has set but top is still soft. Sprinkle cheese on top. Place under preheated broiler 3 mins. or until cheese is melted and top is brown.

Jets stand pat at deadline

NHL GM Cheveldayoff elects not to pull trigger on a trade, signs Stuart to extension instead

Kevin Cheveldayoff made no apologies for not swinging a deal with another club prior to Wednesday afternoon's NHL trade deadline.

The Winnipeg Jets general manager met with the media after the deadline passed and announced the team had signed pending unrestricted free-agent defenceman Mark Stuart to a four-year, \$10.5-million US contract.

Cheveldayoff said he had talks with other clubs about trades, but decided the pieces didn't fit within the "parameters" he had set for a squad that's put itself in the hunt for a playoff spot.

When asked if it was a failure that he didn't improve the Jets (30-26-7), he replied that's a matter of perspective.

"A lot of people would love to look at the fact that we didn't make a big deadline acquisition as a failure," Cheveldayoff said.

"A lot would look at the glass half-full and say, 'They



didn't sit there and sell. They believe that this group has earned the opportunity to try and move forward."

Entering Wednesday night's games, the Jets and Phoenix Coyotes were one point behind the eighth-place Dallas Stars in the battle for the final playoff spot in the Western Conference standings.

Their turnaround began after Cheveldayoff fired head coach Claude Noel on Jan. 12 and replaced him with Paul Maurice, who has sparked the team to an 11-3-2 roll under his leadership.

"I certainly feel very comfortable standing here today knowing the options that were in front of me, knowing the de-

cisions that I made to move forward with," Cheveldayoff said. "Seeing how the guys have played over the last period of time, I wouldn't view that as a failure. I would view that as an opportunity for the fans here to create a level of excitement and certainly expectation moving forward here that we're still going to try to get into

Quoted

"He's been such a key part of our success lately.... It's going to be tough to replace (him)."

Blake Wheeler on Mark Scheifele, who suffered a knee injury Tuesday night and could be out for at least four weeks

this thing."

The Jets haven't made the playoffs since 2007, when they were still the Atlanta Thrashers.

One thing that factored into his dealings on Wednesday was a hit the team took Tuesday night when rookie centre Mark Scheifele was injured in a 3-2 overtime loss to the New York Islanders.

Tests Wednesday revealed the 20-year-old suffered a sprained medial collateral ligament in his right knee and could be out for at least four weeks.

"There's not going to be any surgery required," Maurice told reporters after Wednesday's practice.

"I think that's a real positive for us in a difficult situation. But it turned out to be a better morning than I was thinking I was going to hear."

Scheifele has 13 goals and 21 assists in 63 games this season. THE CANADIAN PRESS

4
SPORTS





Winnipeg Jets defenceman Jacob Trouba, left, celebrates with Olli Jokinen after Jokinen scored a goal in the second period of an NHL game against the Predators March 1, 2014 in Nashville, Tenn. MARK ZALESKI/THE ASSOCIATED PRESS

Why no move was right move for Jets



THE HOCKEY
NEWS

Matt Larkin
winnipeg@metronews.ca

"Sometimes, the best moves are the ones you don't make." It's a cliche used often at trade deadlines in sports and, more often than not, it's a cop-out used by GMs to justify their inability to get a job done.

Refreshingly, in the case of GM Kevin Cheveldayoff and the Winnipeg Jets, it's no excuse. It rings true. Standing pat was the right thing to do at this year's deadline.

The Jets finished the day right where they should've been — not buyers, not sellers. That's a frustrating identity for some fans to accept, I'm sure, but it accurately reflects where this team is.

On one hand, the Jets aren't so out of the playoff hunt that rebuilding was absolutely the right move. By the end of Tues-

day's action they sat just one point out of a wildcard playoff spot. They are energized under Paul Maurice, blasting out to an 11-3-2 record.

They are getting great rookie efforts from Mark Scheifele and Jacob Trouba and occasionally useful goaltending (when they start Al Montoya).

Their star forwards, Blake Wheeler, Bryan Little, Andrew Ladd, Evander Kane and, er, Dustin Byfuglien, are at least taking turns being effective this season.

It was a bizarre trade deadline, full of huge names fetching some questionable returns, so pieces like Olli Jokinen and Mark Stuart weren't going to net anything significant and thus weren't worth moving for Cheveldayoff.

In fact, the Jets went the other way and inked Stuart to a four-year, \$10.5-million extension. Given how well he and Trouba have played together, it's probably worth it.

On the other hand, the Jets were smart not to buy. This team still has to fight tooth and nail to make the playoffs in a stacked Western Conference and is just 7-12-4 within its division.

Scheifele's knee sprain will also sideline him six to eight weeks. Given how well he's played in the New Year, his loss is a big blow to Winnipeg's post-season hopes. His and Trouba's emergences are also positive indicators of the Jets' future, with the likes of puck-moving blueliner Josh Morrissey on the way as well. Suddenly, it appears the Jets are actually building something successful, something that may have to wait until next year.

This year is different from last for the Jets in that they've at least shown signs of legitimate long-term improvement. In other words, waiting one more year — and standing pat at the deadline — isn't disastrous.

Curling

Koe, Morris fit to be tied at the Brier

Alberta's Kevin Koe and B.C.'s John Morris posted early victories Wednesday to remain tied for top spot at the Canadian men's curling championship.

Koe improved to 7-1 at the Tim Hortons Brier with a 7-3 win over Nova Scotia's Jamie Murphy. Morris kept pace with a 5-3 win over Brad Gushue of Newfoundland and Labrador.

Manitoba's Jeff Stoughton improved to 6-2 with a 9-6 win over Northern Ontario. **THE CANADIAN PRESS**

WHL

Habs' prospect in critical condition

Kootenay Ice forward Tim Bozon was in critical condition Wednesday at the Royal University Hospital in Saskatoon with Neisseria meningitis.

Bozon, who was selected in the third round by Montreal in the 2012 NHL draft, was admitted to hospital March 1. He scored a goal in his team's 4-2 win over Saskatoon the night before. **THE CANADIAN PRESS**

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Paralympic Games. Red, white and gold all over

Wheelchair curler Sonja Gaudet has been named as Canada's flag-bearer for the opening ceremony of the Sochi Paralympic Games.

The 47-year-old Gaudet is the most decorated wheelchair curler in history, having won gold medals at both the 2006 and 2010 Paralympics.

She also has three world championships to her name.

A native of North Vancouver, B.C., Gaudet will lead a Canadian contingent of 54 athletes into the Fisht Olympic Stadium on Friday night.

"It carries a lot of purpose for me," Gaudet said at Wednesday's announcement. "Of course we're here to compete as athletes with a physical disability at the highest level — that's what the Paralympic Games are."

"It sends a big global message as well about looking past the wheelchair, looking past the visual impairment, looking past the missing limb and really focusing on the person and focusing on what's there."

Gaudet is the second on the Canadian squad to skip Jim Armstrong, who said his teammate is deserving of the honour.

"In the six, seven years that I've known Sonja, all I've done



Sonja Gaudet of North Vancouver.
JONATHAN FERREY/THE CANADIAN PRESS

is see her work very hard," said Armstrong, who won gold at the 2010 Vancouver Paralympics with Gaudet. "Her skills have just continued to improve and it has not come easy. She has set a work ethic that any coach would be proud of."

Canada made the podium 19 times in Vancouver and has set a goal of finishing top-three in gold medals in Sochi.

The Winter Paralympics include wheelchair curling, sledge hockey, para-Nordic skiing and biathlon, para-alpine skiing and para-snowboard.

Canada plays two wheelchair curling games on Saturday morning, including a 9:30 a.m. local time (11:30 p.m. CT) start against Britain.

THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

Family matters will take up most of your time today but don't think that means you cannot have fun. Loved ones are hoping you will suggest a trip you can all enjoy together.

Taurus

April 21 - May 21

You know what you want and you know how and where to get it, so all you have to do now is reach out your hand and take it. Sounds easy, doesn't it? Well that's because it is. Make things happen!

Gemini

May 22 - June 21

Good news about your finances is on its way and by the end of the week you will be wondering why and how you allowed yourself to get so worked up about a simple thing like money. Treat yourself — you deserve it.

Cancer

June 22 - July 23

You have been a bit to cautious of late but now that Jupiter is moving in your favour again you will find the confidence to take a few risks. If you have not done it already, you should be planning your next adventure.

Leo

July 24 - Aug. 23

You will no doubt wonder what the catch is when someone in a position of authority offers you something you have long desired, but there is no need to be suspicious.

Virgo

Aug. 24 - Sept. 23

You want to get things done, but because not everyone is as motivated as you it may take effort to get others to help you. No, you can't go it alone. There is too much to do.

Libra

Sept. 24 - Oct. 23

You will win over even the most reluctant of people today. Create a vision of what it is you intend to achieve and let them see that they can share in the spoils, but they have got to back you — now.

Scorpio

Oct. 24 - Nov. 22

Don't give in today, especially with co-workers who will take advantage of you if you don't stand up for yourself. You may want to help but you should not be doing everything.

Sagittarius

Nov. 23 - Dec. 21

Some people seem to be under the impression that they can snap their fingers and you will come running. But with Jupiter, your ruler, on great form today they are in for a rude awakening.

Capricorn

Dec. 22 - Jan. 20

You've got a nagging feeling that you could have done more to make a success of a relationship. Maybe you're right but that was then and this is now. Stop looking back.

Aquarius

Jan. 21 - Feb. 19

Jupiter moves in your favour today, making it easy to break free of habits that are holding you back. Remember: the best way to get rid of a habit is to replace it with a better one that challenges you.

Pisces

Feb. 20 - March 20

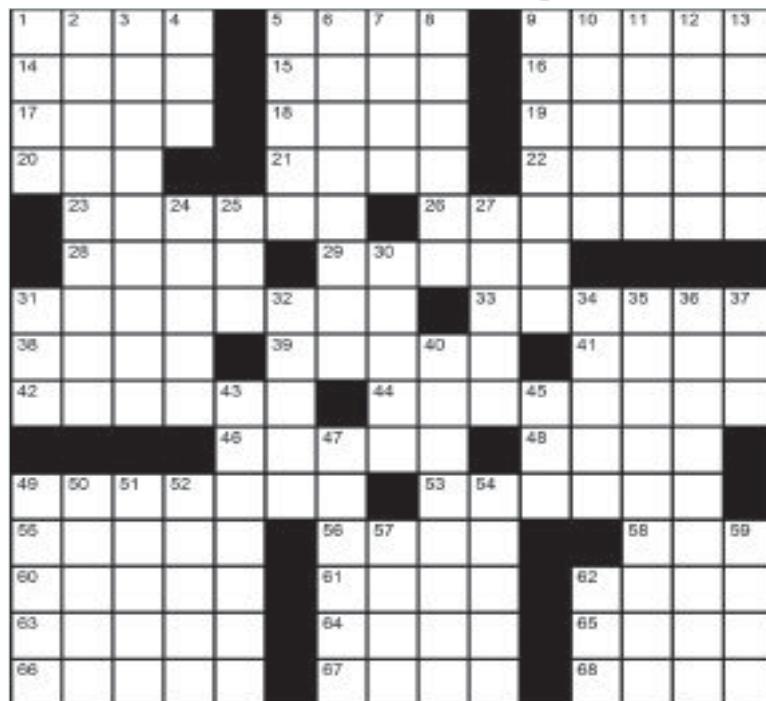
You will get a burst of energy today, enabling you to finish something you started a long time ago. Some people believe that Pisceans are lazy. It's time to prove them wrong.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. High hairstyle
5. Nursemaid
9. Zestfulness
14. Earth's crust's upper layer
15. Actor's dialogue
16. Staked, in poker
17. Stare
18. Facial result
19. Window's sun blocker
20. Alphabetical trio
21. Half of a Basque court game
22. Mouthwash-using step
23. Bellowing beast
26. Social site
28. Actress, Candace Cameron
29. Music's Mr. Shaw
31. A car in Britney Spears' "Work B**ch!"
33. TV type
38. Certain cuckoos
39. "Don't ___ what you know is true." -INXS
41. Tibia's locale
42. ___ comedy
44. Northeastern Ontario community, ___ Lake
46. Daniel Day-___
48. Libertine
49. Historic legal building in Toronto, ___ Hall
53. Lays eggs, salmon-style
55. Wallet items
56. Certain canal
58. Calder Cup sports org.
60. Marvin Gaye duettist Ms. Terrell
61. Orchestra instrument
62. Ms. Gardner's ___
63. "Sounds like ___!"
64. Fails to be
65. Delicate
66. ___ to try (Eager)



67. More or ___
68. Aardvark snacks

- holder: 2 wds.
3. Nova Scotia university

- affair-ee, Captain James ___
9. "In Your Eyes" by Peter Who?

10. Not-in-use candle's status
11. Time on the job

12. Strained
13. More strange

24. Usurp
25. "The Lorax"

Down

1. Humour book: ___ Eh? How Canada Secretly Controls the United States and Why That's OK
2. Loonies, dimes, etc.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	9	4	7
6	6	8	2 3
8	2	4	1
	6	5	
	6	7	2 9
7	1	9	8
8	1	3	5

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See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

(2012) character, The Once-

27. Windshield —

30. ___Tikki-Tavi

31. Pas' wives

32. Oohed and —

34. "It must be ___ news day."

35. Saskatchewan's southwest town

36. Prospecting pasageway: 2 wds.

37. Also

40. Tom Cruise's 'impossible' undertakings

43. Leonard Cohen's "___ Time"

45. Isthmus of ___ (Malay Peninsula part)

47. Beetle sort

49. Grouping that's the sum of VII + I

50. Like dish-washing water

51. Manitoba town with Icelandic heritage

52. "Come ___ ___" (Hurry ...or give it a break already)

54. Hides

57. The Parachute Club hit: "___ Up"

59. Itemized things, for short

62. Noted botanist Mr. Gray



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